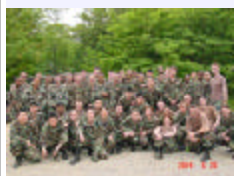


IN THIS ISSUE

COVER:

MEDCOM's NBC Stakes



**PAGE 2:
LEADERS SPEAK**

**PAGE 3:
Forward Surgical
Teams in Sri Lanka**



**PAGE 4:
The New ACUs &
Soldiers Speak Out**

**PAGE 5:
Barracks Lawyer
& Destinations**

**BACK PAGE:
Announcements**



DRAGON CHALLENGE

618th Dental Wins NBC Competition



**Story by
CPT David Share and
MSG Charlotte Highsmith**

The 18 MEDCOM conducted its quarterly NBC Stakes or "Dragon Challenge" from 24 to 27 MAY at CP Humphries training areas. There were a total of 58 soldiers who competed from six MEDCOM units to include 16 MEDLOG, 52nd MED Bn, 618th Dental Company, 168 MED Bn, 121st General Hospital, and the HHC 18 MEDCOM. The winning team, 618th Dental Company, was led by soldiers SGT Vincent Williams, CPL Yoo, Sang Woo, SPC Roberto Ramirez, SPC Kim, Hi Jung, SPC Scott, Day, PFC Brittany Looney, PFC Park, Min Seo, and PFC Kim, Nam Kyoon.

These soldiers were tested on a written exam, equipment maintenance, and STX lanes that consisted of collective tasks which were: React to an NBC Attack, MOPP Gear Exchange, Treat a Chemical Casualty, Unmasking Procedures, and Patient Decon.

The soldiers learned as they trained with formal AARs after each event facilitated by the evaluator of that group. The soldiers seemed to enjoy the training. SPC Kenisha Cyrus of the 121st General Hospital said afterwards, "Not only does Dragon Challenge prepare us to deal with a possible attack, but it also promotes team building and comradere among soldiers. Being a part of this challenge has not just taught me how to react to a possible NBC attack, but it was done in a fun filled and relaxed environment." SGT David Counts of the 121st General Hospital said, "Dragon Challenge is a wonderful experience. I think every soldier should have a chance to be a part of this competition. Not only is it a competition, but it is a learning experience. I wouldn't

mind doing this again."

Special recognition should be given to two medics who supported the operation from the 568th MED Co. SPC Nicholas Jameson and PV2 Jesse Duncans professionally treated a soldier who was experienced mild heat symptoms.

All members of the winning team and the two medics have been approved for Impact AAM's by the Troop Commander. The Dragon Challenge winning team will also be presented the "Dragon Trophy" at an awards ceremony at the 618th.

The next Dragon Challenge will be held 20 to 24 SEP 04 at CP Humphreys.



SPC Jameson and PV2 Duncans of 568 Med. Co./52nd Med. Bn.

COLONEL PHILIP VOLPE, COMMANDER 18th MEDICAL COMMAND

I depart from commanding the most dependable and versatile organization within the Army Medical Department with an enormous feeling of accomplishment and pride. I consider myself the most blessed soldier on this planet because of the opportunity that has been given me to lead our team over these past two years. Serving with the soldiers and civilian employees who comprise the mighty 18th MEDCOM team has been the most invigorating and rewarding experience in my career because of the depth of the responsibilities we have in Armistice and preparing for war as we serve our Nation(s). I would not have traded this experience for anything in the world! You, my teammates, are 18th MEDCOM; and I have been fortunate to serve with you under the respected traditions and heritage exemplified by our "colors", by our "uniforms" and by our Army.

Thank you for your support and for your trust in me. Thanks for your service, dedication, loyalty and the contributions you make, day in and day out, to pursue excellence and ensure success in accordance with our mission. As a commander, I could not have wished for, or designed, a better team to serve on — nor more devoted people to serve with. I will always treasure the many wonderful experiences I have had during the past two years. The memories of our service together will always be cherished and will remain in a special place in my mind and in my heart. I am a richer person today because of serving with you. I am a prouder person today because of serving with you. I am a better person today because of serving with you.

I wish you all much health, happiness and success in the future. Best wishes and best of luck to each and every one of you. Please be safe; respect all with whom you live and work; take good care of yourself, your family and your fellow teammates; and always be "Fit, Ready & Reliable!"

- * I will always place the mission first.
- * I will never accept defeat.
- * I will never quit.
- * I will never leave a fallen comrade.

With enormous pride and satisfaction in having served with you — FAREWELL and God bless. — COL Phil Volpe



CSM RICARDOP. ALCANTARA

In my first several weeks here I have visited many of the units in the MEDCOM and there is one thing that has made a lasting impression on me; the Soldiers. It is obvious to me that the 18th Medical Command has earned its grand reputation because of the selflessness and teamwork of all our outstanding soldiers. THANK YOU to all of you that have helped make our command what it is and to those who have helped welcome me.

Soldiers of the MEDCOM are tirelessly supporting 2ID's SRP prior to their deployment. Medical readiness is one of the most important jobs we have. Let's make sure we support our Soldiers involved.

Summer is here, we need to ensure it is a safe one. Leaders – safety is a philosophy, if you haven't already, adopt it. Monsoon season is just around the corner, watch local weather reports and ensure safety in all training exercise and activities, stay alert.

Freedom is a result of our hard work. This is election year; practice your freedom to vote. The unit voting officers are there to assist you. They can help with voter registration, absentee voting, and local, state, and federal voting procedures.

Update: Retirements- voluntary retirements must now go to DA for approval (effect 1 Jul), instead of first Go. This is to ensure input regarding enlisted strength is considered. Voluntary retirements may be deferred to when the Army can have replacements available.

I am proud of the efforts and accomplishments I have witnessed from our Soldiers in the short time I've been here and look forward to working with each and every one of you.



NCO of the Quarter

SGT Jason B. Clark
Optical Lab NCO
A Co., 16th MEDLOG



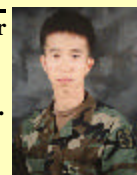
Soldier of the Quarter

SPC Christopher Gilbert
Medical Lab Spec.
A Co., 16th MEDLOG



KATUSA of the Quarter

CPL Sang-Bi Park
Medical Logistics Spec.
A Co., 16th MEDLOG



*** CONGRATULATIONS ***

COL PAUL CLARK, 18th MEDCOM CHAPLAIN

A man and his dog were walking the beach when they came upon another visitor to the beach. The dog owner was very proud of his dog's newly mastered feat, so he said to the visitor, "Watch this!" At that point he tossed a piece of driftwood far out into the sea and the dog immediately ran on top of the ocean, fetched the wood, and ran back. The visitor shook his head in disbelief. Whereupon the owner repeated the procedure two more times. Finally he asked the visitor, "Did you notice anything unusual?" The visitor responded, "Your dog can't swim, can he?" Well, we notice the obvious; you have all done well. Congratulations to all graduates, award winners, JCAHO victors, and all positive title holders in 18th MEDCOM. Celebrate your successes and your accomplishments. Be proud of them and share them with others. It is appropriate to have a sense of satisfaction and to find a measure of gratification in your achievement. Some may feel that it is ostentatious to share a positive accomplishment with others as some may not respond positively. Don't let that stop you from having your celebration. We are encouraged by many spiritual lessons to celebrate with those who are happy, as well as to express grief with those who mourn. Both are important to take care of ourselves, spiritually and physically. You have done well. Enjoy the moment.

Ch Clark



THE LIFELINE is an authorized publication (AR 360-1). Contents are not necessarily the official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or 18th MEDCOM. Editorial staff is located in the 18th MEDCOM Public Affairs Office, 121st General Hospital, Yongsan Garrison, Seoul Korea.
DSN 737-6890

Editor/Public Affairs Officer
2LT Kelly Seiber
Editorial Staff
SPC James Shields
SPC Jason Youngdahl

The 18th MEDCOM Public Affairs Office Staff welcomes your comments. All correspondence concerning this publication, to include letters to the editor, ask the Barracks Lawyer, or article submissions can be sent to:

18th MEDCOM Public Affairs
EAMC-PAO
Unit 15281

18th MEDCOM provides Humanitarian Assistance in Sri Lanka

By
Maj Kris Meyle,
36th Air Expeditionary Wing Public
Affairs

A joint team of 20 medical specialists began a week long humanitarian surgical training mission known as Blast, Resuscitation And Victim Assistance (BRAVA) in Jaffna, Sri Lanka 26 April.

Although advance team members for the mission came to Jaffna 22 April to coordinate equipment, supplies, and facilities and screen prospective patients, the majority of the team—consisting of Army, Air Force, and Navy medical professionals—arrived 25 April. They're here to conduct what Mission Commander Air Force Major Lisa Nesselroad, the 13 AF International Health Division Chief from Andersen AFB, Guam, calls "a 2-way exchange."

BRAVA is a DOD humanitarian program that enables U.S. DOD medics to travel to countries affected by land mines and provide specialty surgical services to assist land mine victims, Maj Nesselroad said. "It gives us an opportunity to provide the services, and at the same time learn from local surgeons who have vast experience dealing with these kinds of [war-related] injuries."

BRAVA provides a valuable forum for military doctors, said Army Maj John Tis, a pediatric orthopedic surgeon with the 135th field surgical team in Yongsan, S. Korea, who expressed an eagerness to interact with his Sri Lankan medical counterparts. "We can learn from their backgrounds, techniques and training—and maybe they can also learn a little something from us, our American training."

In addition, Maj Tis said, "We can see some of these injuries we might see in wartime; I don't ordinarily practice [war-

trauma surgical] skills." Of particular concern to him as a pediatric orthopedist was the alarming number of Sri Lankan children who were blast victims, a result of their tendency to innocently wander into the country's minefields.

The continued existence of these minefields in the Jaffna area remains a byproduct of the nation's civil conflicts, which recently ravaged this northern peninsula of a country known to many as "the jewel of the orient." Several large maps posted at public places in Jaffna, such as the one prominently displayed above the bus station, warn the public about general minefield locations.

"So far, these have been the kindest, most hospitable people I've ever met," said Air Force Major Troy Osborn, 374th medical group anesthesia department medical director, Yokota AFB, Japan. He said it was terribly sad that fighting had been going on in Sri Lanka that led to the mine blast injuries they would be treating.

However, he said, "It's a great experience to be able to work with our sister services, as well as with the Sri Lankans, and have the opportunity to help some victims of war."

For General Surgeon Army Maj Ryan Moon, 135th FST Commander, this BRAVA mission is unique because it has given Army FSTs from Korea some critical trauma training, as well as a chance to practice field deployments. Rather than simply using host nation hospital resources, the BRAVA team brought in, set up, and used the same equipment FSTs would have in the field if they were accompanying a deploying combat unit. This mission offered "a good chance to train on the equipment you'd use if you ever got deployed," said Army Spc. Christopher Gomez, 135th FST operating room technician.

The deployed equipment represents the cutting edge of highly mobile medical tech-

U.S. Ambassador to Sri Lanka Jeffrey J. Lunstead, center, and his wife Debbie, left, look into an operating room while visiting the deployed joint blast, resuscitation and victim assistance (BRAVA) facilities. The tour was led by Lt Col Ann Marie Sammartino, right, 127th forward surgical team commander, Yongsan Garrison, S. Korea. After meeting with members of the 20-person team, that conducted humanitarian surgeries in Jaffna, the Ambassador told a group of Tamil and English journalists that the country's peace process has made this kind of mission possible.



nology, providing fully functional modern operating rooms in a palletized package. However, it's always best to plan for the worst-case field scenario, in case that equipment fails thousands of miles from home. "I hope to see how [the Sri Lankan doctors] do some of their trauma work—how they function with a lot less technology," said Maj Osborn.

Unfortunately, said Army Maj Philip Woodworth, a General Surgeon with the 127th FST at Yongsan, who was part of the advance team that screened over 100 patients prior to the main team's arrival, the short duration of the mission means that certain individuals who need, and deserve, surgical care would not be treated this time. "Throughout the week, we'll be re-evaluating patients to determine if they're surgical candidates [within the scope of this mission]," he added.

The two operating rooms that were set up can handle approximately 10 cases per day with a full schedule, Maj Woodworth said. Mission planners were considering extended hours to maximize the number of cases possible because, according to Maj Nesselroad, this was not only a great training opportunity, but a chance to greatly improve the quality of life for some of the people in Jaffna who may not otherwise have had access to specialty surgery services.

Since the BRAVA mission doesn't just deal with blast injuries, but whatever the greatest need is, potential surgery includes non-blast-related assistance—such as the healing of cleft palates, a 45-minute repair that will change the quality of a person's life, said Maj Nesselroad.

Navy Capt Michael Holtel, otolaryngology chief from Tripler Army Medical Center, Hawaii, who expected to provide facial plastic reconstructive surgery, summed up the dual intent of the

Sri Lankan BRAVA mission succinctly: "We hope to work with and learn from the doctors here, and help as many people as we can," he said.

For the people the BRAVA team would have time to help, said Maj Donna Moore, 127th FST certified registered nurse anesthetist, the effort is definitely worth it.

"Doing humanitarian missions is the coolest thing in the world," she said.



Forward Surgical Team Facts:

PERSONNEL:

- 1 FST Commander 61J
- 2 General surgeons 61J
- 1 Orthopedic surgeon 61M
- 1 MED-SURGICAL nurse 66H8A
- 1 OR Nurse 66E
- 2 Nurse Anesthetist 66F
- 1 MED-SURGICAL nurse 66HM5
- 1 FLD MED ASST 70B
- 1 DET SERGEANT 91W40
- 3 OR Techs 91D
- 3 Medics 91W
- 3 LPN's 91WM6

EQUIPMENT:

- 6 Humvees and 6 Trailers
- 3 CBPSS
- DRASH SYSTEM



A team of military medical specialists operate on a Sri Lankan child's partially severed fingers. Army Maj John Tis, pediatric orthopedic surgeon from the 135th Forward Surgical Team, Yongsan Garrison, S. Korea, makes an incision while Army Sgt Lonny Herzog, 135th FST operating room technician, Yongsan; Army Maj Ryan Moon, 135th FST commander; and Army Maj Brian Jones, an anesthesiologist from Tripler Army Medical Center, Hawaii, assist.

Army announces new “Army Combat Uniform”



We asked the Soldiers of the MEDCOM what they think of the new uniform.



SPC Jorge Rivera
91E, B/168 Med. Bn.
Ponce, PR

Colors don't seem to be effective for either environment. Seems like we're trying to look like the Marines. We're the Army - shining boots is what we do.



SFC Sonja Sharp
91W, B/168 Med. Bn.
Elyria, OH

I think it could work. I think it is overpriced and I'm tired of replacing uniforms.



SPC James Shields
91W, HHC 18 Medcom
Washington D.C.

I dislike the whole concept. Uniforms should be specific to the terrain that we are fighting in. Skill badges should be sewn or Velcroed, not pinned on.



PFC Edward Fonseca
91W, B/168 Med. Co.
Providence, RI

Leave the "digis" and the tan boots to the Marines - we're the Army.



CPT Paul Graves
MSC, HHC 18 Medcom
Newbury Park, CA

It's a bold step in a new direction. Pinning on skill badges looks like too much work. It will be a shame to lose branch identity on the uniform.



1LT Harold McDonald
MSC, HHD 52 Evac. Bn.
Copperas Cove, TX

I think it will save money, and I like the Velcro patches. Looks like the Marines, though. It appears very low maintenance.



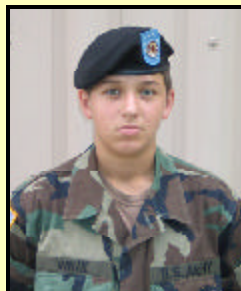
SPC Ruta Yendall
42L, 106 Vet. Med.
San Diego, CA

I like it. I've been reading a lot of positive feedback from the Soldiers in Iraq. Those Soldiers seem to be OK with it.



SPC Alain Edmonds
91W1P3, 121 Gen. Hosp.
East Orange, NJ

Looks like we're following the Marine Corps' lead. They may prove to be functional and economical, but I like my black boots.



PVT Deborah Winik
91R, 106 Vet. Med.
Tampa, FL

It simplifies of the wear of the uniform. Junior enlisted might be concerned with the affordability of the new uniform.



PFC Dwayne Flowers
91W, 121 Gen. Hosp
Oakland, CA

A road guard vest would provide better concealment than the new ACU's.

BARRACKS LAWYER

DISCLAIMER: THE BARRACKS LAWYER TRIES TO GIVE CREDIBLE AND ACCURATE INFORMATION BASED ON MILITARY LITERATURE AND YEARS OF EXPERIENCE. THE BARRACKS LAWYER HAS NEVER ATTENDED LAW SCHOOL NOR DOES HE CLAIM TO BE AN EXPERT IN JURISPRUDENCE AND CAN NOT BE HELD RESPONSIBLE FOR YOUR ACTIONS.



Dear Barracks Lawyer,
I want the new George Michael CD, I was wondering if I can download it. I don't have a computer at home. Can I download it on my work computer?

Your Pal,
The Jamester

Jamester,
Uhhh.....no.....it is against Department of Army and Eighth Army policy to use your government computer for non-official business, that includes downloading media files for your personal use. And what would the other guys in the office think if they caught you downloading George Michael?

-BL

Dear Barracks Lawyer,
When do we get to wear those spiffy new uniforms...the ACU's?

Signed, "Pixi-Lover"

Dear PL,
According to <https://peosoldier.army.mil>, "the ACU will be fielded to deploying units beginning April 2005 and will complete Army wide fielding NLT December 2007".

-BL

Send your questions to the Barracks Lawyer:
18th MEDCOM Public Affairs
EAMC-PAO, Unit 15281
APO AP 96205



CONGRATULATIONS
to
18th MEDCOM's
NEWEST
SERGEANT AUDIE
MURPHY CLUB
INDUCTEES



SFC Pamela Stovall



SSG Ahmed Ali

DESTINATIONS - Phuket, Thailand

Looking for the best sites in Southeast Asia? Visit Phuket, the "Pearl of the Andaman Sea Coast". Phuket is considered the premier tourist destination in Thailand and offers 24 separate beaches! Average temperatures hover in the low to mid 80's, and major activities include water sports, diving, sailing, and golf. Daytrip opportunities include Phang Nga Bay (featured in the James Bond movie "The Man with the Golden Gun") and Phi Phi Island where "The Beach" was filmed. The USO offers package deals to Phuket and many other Asian destinations. For more information call the USO at DSN 724-3301 or 724-7781.



Congratulations to the following Commander's Award for Civilian Service recipients:

Mr. Tyler N. Chase, GS-11, Chief,
MEPRS Division, DCSRM, 18th MEDCOM

Mr. Charles M. Choi, GS-12, Chief,
PA&E Division, DCSRM, 18th MEDCOM

Ms. Kyong S. Lee, Chief,
HR Branch, DCSRM, 18th MEDCOM



... the BACK PAGE

Heat Injury Prevention

With the approach of warmer weather comes the increased risk of heat injuries, injuries which if severe enough can cause permanent brain injuries and even death. Heat injuries are a concern for USFK because summers in Korea are typically very humid, a condition that makes it much more difficult for your body to stay cool.



You can **prevent** becoming a heat casualty by doing the following:

- 1) Reschedule strenuous activities for the cooler parts of the day.
- 2) Stay well hydrated by drinking water throughout the day and not just during strenuous activities.
- 3) Avoid alcohol and caffeinated beverages as both types of drinks have dehydrating effects. If you do drink alcohol or caffeinated beverages, you will need to drink even more water to remain adequately hydrated.
- 4) Eat your meals. It's important to take in enough electrolytes and other nutrients in addition to staying hydrated.
- 5) Pay attention to the weather, specifically the heat stress index, and adjust your activities accordingly.
- 6) Adhere to the recommended work-rest cycles. During rest periods, try to go to a cool, air-conditioned area if at all possible.
- 7) Use sunscreen. Sunburns damage your skin and make it harder for your body to cool itself properly.
- 8) If you're not used to the humidity, give yourself at least two weeks to acclimatize to your new surroundings.

For more information on prevention of heat injuries, please contact the 18th Medical Command Deputy Chief of Staff for Force Health Protection at 736-3025.

Please forward all announcements to:
18th MEDCOM Public Affairs
EAMC-PAO, Unit 15281, APO AP 96205
kelly.seiber@kor.amedd.army.mil

*The Officers, Messengers and Officers,
Soldiers and Veterans of the
28th Medical Command and 12th General Hospital
request this form of your presence
at the Change of Command Ceremony between*

Colonel Philip Volpe
and
Colonel Brian D. Allgood

*On Wednesday, the fourteenth day of July at nine o'clock
Lumbago Field
Yongam South Post, Seoul*

USFK 28th Medical Command and 12th General Hospital
PO Box 15281, APO AP 96205
EAMC-PAO, Unit 15281, APO AP 96205
kelly.seiber@kor.amedd.army.mil

USFK 28th Medical Command and 12th General Hospital
PO Box 15281, APO AP 96205
EAMC-PAO, Unit 15281, APO AP 96205
kelly.seiber@kor.amedd.army.mil

USFK 28th Medical Command and 12th General Hospital
PO Box 15281, APO AP 96205
EAMC-PAO, Unit 15281, APO AP 96205
kelly.seiber@kor.amedd.army.mil

18TH MEDCOM WILDERNESS RETREAT



When: 16 July 2004 - 17 July 2004
Where: Mt Soek and Gwangju Castle
For: W.L. All Soldiers & Family members, retired Service DOD, Just
and assigned as part of the 18th MEDCOM
Cost: Suggested Donation \$20.00, Make checks payable to the
Chaplain's Office Offering Fund (COF)
PH: SSGT Henson / 736-3111 and SFC Henson / 736-3111
John.Dueson@kor.amedd.army.mil
or Aisha Gibson (kelly.seiber@kor.amedd.army.mil)

16 July 2004
Over 1000 Soldiers and Family members, and DOD employees will be assigned as part of the 18th MEDCOM
Suggested donation \$20.00
Check to COF or DOD
Gifts and PUG Use
Super use time for 121 GH parking
Luggage at COF or PUG, Military ID
Card is required prior to entrance
B limited trial line back to Gate 11
on Saturday, 17 July 2004 in 1600hr
All personnel participating in the event
are required to register and the trip
is a group.
Don't forget to bring your ID



Refers to items

Entry:
Spiritual Reflection
Dinner for 1000 Soldiers
at the Hotel Soek Park
11:00 AM - 12:00 PM
12:00 PM - 1:00 PM
1:00 PM - 2:00 PM
2:00 PM - 3:00 PM
3:00 PM - 4:00 PM
4:00 PM - 5:00 PM
5:00 PM - 6:00 PM
6:00 PM - 7:00 PM
7:00 PM - 8:00 PM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 AM - 9:00 AM
9:00 AM - 10:00 AM
10:00 AM - 11:00 AM
11:00 AM - 12:00 PM
12:00 PM - 1:00 PM
1:00 PM - 2:00 PM
2:00 PM - 3:00 PM
3:00 PM - 4:00 PM
4:00 PM - 5:00 PM
5:00 PM - 6:00 PM
6:00 PM - 7:00 PM
7:00 PM - 8:00 PM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 AM - 9:00 AM
9:00 AM - 10:00 AM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00 AM - 7:00 AM
7:00 AM - 8:00 AM
8:00 PM - 9:00 PM
9:00 PM - 10:00 PM
10:00 PM - 11:00 PM
11:00 PM - 12:00 AM
12:00 AM - 1:00 AM
1:00 AM - 2:00 AM
2:00 AM - 3:00 AM
3:00 AM - 4:00 AM
4:00 AM - 5:00 AM
5:00 AM - 6:00 AM
6:00